







Monday	Tuesday	Wednesday
<b>NUTRITION PROGRAM</b> - The suggested contribution is \$3.00 for people 60 years and over. The meal cost is \$6.00 for people under 60 years old. Lunch is served at 11:45 a.m. Recommended sign in time: 11:15 a.m. First come, first served.  = Meal contains more than 1000mg sodium		<b>1</b> 10:30 Line Dancing, Social Hall 11:45 Lunch <b>Frittata- egg w/cheese, ham, broccoli &amp; zucchini, pasta w/ pesto, mixed veggies, tossed salads w/broccoli, pineapple chunks</b> 12:45 Bingo, Social Hall 5:30 Movie: J. Edgar 
<b>6</b> 10:45 Dancing, Social Hall 11:45 Lunch <b>Baked chicken, whole grain bread, carrots &amp; broccoli, tossed salad, fruit</b> 1:00 Big Bingo, Social Hall	<b>7</b> 11:45 Lunch <b>Chef's choice fish, brown rice, Japanese blend veggies, green salad w/carrots, mandarin oranges</b> 1:00 Movie: Joyful Noise 2:00 Wii Bowling 	<b>8</b> 10:30 Line Dancing, Social Hall 11:45 Lunch <b>Lasagna, corn w/red bell peppers, coleslaw, fruit</b> 12:45 Bingo, Social Hall 5:30 Movie: Joyful Noise
<b>13</b> 8:30 HICAP 10:00 Movie: Raiders of the Lost Ark 10:45 Dancing, Social Hall 11:45 Lunch <b>Chili Colorado-pork-, tortilla, fresh pinto beans, spinach, cucumber &amp; tomato salad, apple juice</b>  1:00 Movie: Indiana Jones - Temple of Doom 3:30 Movie: Indiana Jones - Last Crusade	<b>14</b> 8:50 Eyeglass Repair 10:00 Movie: Pygmalion 10:30 Book Club - 'The Brave' 11:45 Lunch <b>Meat loaf w/tomato sauce, whole grain bread, corn &amp; red bell peppers, mashed potatoes, fruit</b> 1:00 Movie: My Fair Lady 2:00 Wii Bowling	<b>15</b> 10:00 Podiatry Screening 10:30 Line Dancing, Social Hall 11:45 Lunch <b>B.B.Q. chicken, whole grain bread, California blend veggies, green salad, fruit</b> 12:45 Bingo, Social Hall 2:00 Senior Advisory Committee 3:30 Movie: 12 Angry Men 5:30 Movie: To Kill a Mockingbird
<b>20</b> 10:45 Dancing, Social Hall 11:45 Lunch <b>Chicken w/cheese tortellini and cauliflower, peas, tomatoes &amp; broccoli, fruit</b>  2:00 Newcomer's Group	<b>21</b> 11:45 Lunch <b>Teriyaki chicken, brown rice, Japanese blend veggies, green salad w/tomatoes, pineapple chunks</b> 1:00 Movie: Albert Nobbs 2:00 Wii Bowling	<b>22</b> 10:30 Line Dancing, Social Hall 11:45 Lunch <b>Beef enchilada, corn tortilla, Spanish rice, shredded lettuce &amp; cabbage salad, melon</b>  12:30 Alzheimer's Screening 12:45 Bingo, Social Hall 5:30 Movie: Albert Nobbs
<b>27</b> 10:45 Dancing, Social Hall 11:45 Lunch <b>Chicken noodle soup, whole grain bread, salad w/broccoli, beets, onions, lettuce, tomatoes, cucumber</b>	<b>28</b> 8:30 HICAP 8:50 Eyeglass Repair 11:45 Lunch <b>B.B.Q. beef, whole grain bread, green beans &amp; cauliflower, green salad w/ tomatoes, fruit</b> 1:00 Movie: One for the Money 2:00 Wii Bowling	<b>29</b> 10:30 Line Dancing, Social Hall 11:45 Lunch <b>Chef's choice fish, brown rice, diced carrots, coleslaw w/ apples &amp; mandarin oranges, melon</b> 12:30 Alzheimer's Screening 12:45 Bingo, Social Hall 5:30 Movie: One for the Money

Double Feature

Thursday	Friday
<p><b>2</b></p> <p>8:30 Notary Service 9:00 Tax Appointments 10:30 Bookmobile <b>11:45 Lunch</b> <b>Ron's chicken, brown rice, oriental blend veggies, green salad, mandarin oranges</b> 1:00 SALA Appointments 1:00 Workshop: Breast and Cervical Cancer (in Chinese)</p>	<p><b>3</b></p> <p>10:30 Blood Pressure Check 10:45 Dancing, Social Hall <b>11:45 Lunch</b> <b>Tuna sandwich w/celery &amp; onions, whole grain bread, veggie soup, carrot raisin salad, melon</b> 1:00 Movie: J. Edgar</p>
<p><b>9</b></p> <p>10:30 Bookmobile <b>11:45 Lunch</b> <b>Pork chop/ mushroom gravy, whole grain bread, oriental blend veggies</b></p>	<p><b>10</b></p> <p>10:30 Blood Pressure Check 10:45 Dancing, Social Hall <b>11:45 Lunch</b> <b>Beef minestrone soup w/tomatoes, pasta, green beans &amp; kidney beans, roll, 4 way blend veggies, spinach &amp; cucumber salad, cantaloupe</b> 1:00 Movie: Joyful Noise</p>
<p><b>16</b></p> <p>9:00 Tax Appointments 10:00 Movie: The Seven Year Itch 10:30 Bookmobile <b>11:45 Lunch</b> <b>Hamburger, bun, lettuce &amp; tomatoes, green beans, potato salad, melon</b> 1:00 SALA Appointments 1:00 Movie: Some Like It Hot 1:00 Workshop: Are You Good To Go?</p>	<p><b>17</b></p> <p>10:00 Movie: It Happened One Night 10:30 Blood Pressure Check 10:45 Dancing, Social Hall <b>11:45 Luau Lunch</b> <b>Stuffed salmon, pasta &amp; peas, Japanese blend veggies, carrot raisin salad, orange- special dessert</b> 1:00 Movie: It Happened To Jane</p>
<p><b>23</b></p> <p>10:00 VTA Clipper Cards 10:30 Bookmobile <b>11:45 Lunch</b> <b>Baked fish, brown rice, California blend veggies, green salad fruit</b> 1:00 Workshop: Snowflakes: A New Kind of Sudoku</p>	<p><b>24</b></p> <p>10:30 Blood Pressure Check 10:30 Fashion Show 10:45 Dancing, Social Hall <b>11:45 Lunch</b> <b>Chicken cacciatore w/marinara sauce, onions, green bell peppers &amp; diced tomatoes, green salad, fruit salad w/ mandarin oranges</b> 1:00 Movie: Albert Nobbs</p>
<p><b>30</b></p> <p>10:30 Bookmobile <b>11:45 Lunch</b> <b>Seasoned meatballs, baked penne pasta w/ cheese marinara sauce, Italian veggies, tossed salad, fruit</b></p>	<p><b>31</b></p> <p>10:30 Blood Pressure Check 10:45 Dancing, Social Hall <b>11:45 Lunch</b> <b>Chile verde, tortilla, fresh Pinto beans, green salad, fruit</b> <b>Birthdays</b> 1:00 Movie: One for the Money</p>

## Pineapple Coffee Cake

### Cake Ingredients

4 c. flour  
1 c. sugar  
2 T. baking powder  
2 t. baking soda  
1 t. salt  
2 eggs  
2 c. vanilla yogurt  
1 c. oil  
2 t. vanilla  
1 ½ c. crushed pineapple (well drained) (reserve juice)

### Topping Ingredients:

¾ c. flour  
½ c. sugar  
½ c. butter  
½ c. chopped walnuts  
Pineapple glaze:  
2 cups powdered sugar  
Reserved pineapple juice

In large bowl combine flour, sugar, baking powder, baking soda and salt. In separate bowl beat the eggs, yogurt, vanilla and oil. Add the wet ingredients to the dry ingredients, and mix until blended. Fold in the WELL DRAINED pineapple. Don't throw out that pineapple juice! Save it for the yummy glaze. Pour cake batter into a greased 9x13 pan.

### Topping:

Combine flour, sugar and butter. Cut in butter with a pastry blender until mixture is crumbly. Add chopped nuts, and mix well. Sprinkle evenly over cake batter.

Bake cake for 40-45 minutes or until middle is set and cake is lightly browned. Allow cake to cool for 10 minutes before serving.

**For the glaze:** Combine the powdered sugar and enough of the pineapple juice to reach your desired consistency. Drizzle the glaze over the top of the cake.

**Serve and enjoy.**